



44. Alteburglauf  
Arnstadt / 05.05.2023

## Detailed evaluation

**Furch, Norbert**

Club: Die Bügeleisenbande  
Number: 251

Course: 10.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44)

Total time: 57:36

Speed: 10.42 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 39 (of 89)

Rank in course/Men: 35 (of 65)

Best time in course: 41:52

Rank in category: 6(of 14)

Best time in the category: 41:52